



SUPPORT FOR ADULTS WITH MEMORY LOSS AND THEIR FAMILIES

Mindfulness-Based Art Workshop: The Practice of Self-Care

**Every Monday
10:00 – 11:00 AM
Workshop held via Zoom**

The workshop will integrate creative self-expression and basic mindfulness practices with an emphasis on self-care and stress reduction.

- **Learn to create your own practice of self-care and well-being.**
- **Discover the role of mindfulness practices as a pathway to self-care and stress reduction.**
- **Enjoy using art materials with a focus on color, movement, symbolism, and textures.**

No artistic talent needed!



The workshop begins with a brief discussion on the topic. Space is limited to 8 participants per workshop, register early to guarantee your spot.

**To Register please contact
Anne Galbraith: anne@opica.org
Cost \$25.00**

Anne Galbraith MA ATR, LMFT, is a psychotherapist and clinical art therapist. She is the director of programs for people with Alzheimer's disease (AD) at OPICA Adult Day Program & Counseling Center in West Los Angeles. She is the co-founder of the Brain Train and developer of other early-stage and art-based programs at OPICA. Anne also conducts art therapy support groups for people with multiple sclerosis (MS) at UCLA Marilyn Hilton Achievement Center. Anne is interested in the benefits of cultivating mindfulness arts to enhance the quality of life and well-being for individuals and care-partners with chronic illnesses, especially Alzheimer's disease (AD), MS, and related conditions.

For more information regarding OPICA programs, call 310.478.0226

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